



National Nutrient Database for Standard Reference  
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**Full Report (All Nutrients) 09254, Pears, canned, juice pack, solids and liquids**

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Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.7 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 248g	1 half, with liquid 76g
<b>Proximates</b>						
Water	g	86.47	6	0.131	214.45	65.72
Energy	kcal	50	--	--	124	38
Energy	kJ	209	--	--	518	159
Protein	g	0.34	15	0.012	0.84	0.26
Total lipid (fat)	g	0.07	14	0.014	0.17	0.05
Ash	g	0.19	6	0.001	0.47	0.14
Carbohydrate, by difference	g	12.94	--	--	32.09	9.83
Fiber, total dietary	g	1.6	--	--	4.0	1.2
Sugars, total <sup>1</sup>	g	9.70	1	--	24.06	7.37
Sucrose <sup>1</sup>	g	0.60	1	--	1.49	0.46
Glucose (dextrose) <sup>1</sup>	g	3.30	1	--	8.18	2.51
Fructose <sup>1</sup>	g	5.80	1	--	14.38	4.41
Maltose <sup>1</sup>	g	0.00	1	--	0.00	0.00
<b>Minerals</b>						
Calcium, Ca	mg	9	14	0.396	22	7
Iron, Fe	mg	0.29	7	0.058	0.72	0.22
Magnesium, Mg	mg	7	13	0.364	17	5
Phosphorus, P	mg	12	14	0.847	30	9
Potassium, K	mg	96	13	8.984	238	73
Sodium, Na	mg	4	13	0.462	10	3
Zinc, Zn	mg	0.09	6	0.005	0.22	0.07
Copper, Cu	mg	0.053	6	0.005	0.131	0.040

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 248g	1 half, with liquid 76g
Manganese, Mn	mg	0.034	--	--	0.084	0.026
Selenium, Se	µg	0.0	--	--	0.0	0.0
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	1.6	7	0.068	4.0	1.2
Thiamin	mg	0.011	3	0.001	0.027	0.008
Riboflavin	mg	0.011	3	0.002	0.027	0.008
Niacin	mg	0.200	1	--	0.496	0.152
Pantothenic acid	mg	0.022	--	--	0.055	0.017
Vitamin B-6	mg	0.014	--	--	0.035	0.011
Folate, total	µg	1	--	--	2	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	1	--	--	2	1
Folate, DFE	µg	1	--	--	2	1
Choline, total	mg	3.4	--	--	8.4	2.6
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	2	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	3	--	--	7	2
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	6	2	--	15	5
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	34	--	--	84	26
Vitamin E (alpha-tocopherol)	mg	0.08	--	--	0.20	0.06
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone) <sup>23</sup>	µg	0.3	2	--	0.7	0.2
<b>Lipids</b>						
Fatty acids, total saturated	g	0.004	--	--	0.010	0.003
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 248g	1 half, with liquid 76g
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.003	--	--	0.007	0.002
18:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.014	--	--	0.035	0.011
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.013	--	--	0.032	0.010
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.015	--	--	0.037	0.011
18:2 undifferentiated	g	0.015	--	--	0.037	0.011
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Threonine	g	0.009	--	--	0.022	0.007
Isoleucine	g	0.010	--	--	0.025	0.008
Leucine	g	0.017	--	--	0.042	0.013
Lysine	g	0.012	--	--	0.030	0.009
Methionine	g	0.004	--	--	0.010	0.003
Cystine	g	0.003	--	--	0.007	0.002
Phenylalanine	g	0.009	--	--	0.022	0.007
Tyrosine	g	0.003	--	--	0.007	0.002
Valine	g	0.012	--	--	0.030	0.009
Arginine	g	0.006	--	--	0.015	0.005
Histidine	g	0.004	--	--	0.010	0.003

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 248g	1 half, with liquid 76g
Alanine	g	0.011	--	--	0.027	0.008
Aspartic acid	g	0.068	--	--	0.169	0.052
Glutamic acid	g	0.025	--	--	0.062	0.019
Glycine	g	0.010	--	--	0.025	0.008
Proline	g	0.009	--	--	0.022	0.007
Serine	g	0.012	--	--	0.030	0.009
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

**Sources of Data**

<sup>1</sup>J.A. Dudek **Investigation of total dietary fiber methodology in the characterization of the carbohydrate fraction of canned pears**, 1985 Journal of Food Science 50 pp.851-852

<sup>2</sup>S.L. Booth, J.A. Sadowski, J.A. T. Pennington **Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study**, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579

<sup>3</sup>G. Ferland, D. MacDonald, J.A. Sadowski **Development of a diet low in vitamin K (phylloquinone)**, 1992 J. American Dietetic Assoc 92 5 pp.593-597